

### **AMENDMENTS TO THE CLAIMS**

This listing of claims replaces all prior versions, and listings, of claims in the application:

#### **Listing of Claims:**

1-9. (Cancelled).

10. (Previously Presented) A central control unit for controlling two or more exercise devices through wireless control signals delivered to each of the one or more exercise devices, the central control unit comprising:

a receptacle that supports at least one storage medium containing an exercise program to be delivered to each of the two or more exercise devices, said exercise program comprising (i) motivational content and (ii) control signals synchronized with said motivational content; and

a wireless transmitter communicably connected with said at least one storage medium and receiving said exercise program, said transmitter delivering said exercise program to each of the two or more exercise devices.

11. (Previously Presented) The central control unit as recited in claim 10, wherein said control signals are delivered to the two or more exercise devices using at least one of an infrared signal and a radio signal.

12. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises a base, a stand extending from said base, and a control panel mounted to said stand.

13. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises an input receptacle that receives said at least one storage medium.

14. (Original) The central control unit as recited in claim 13, wherein said at least one storage medium comprises one or more of a magnetic storage medium, an optical storage medium, and a flash memory medium.

15. (Original) The central control unit as recited in claim 13, wherein said at least one storage medium stores one or more MP3 audio files.

16. (Previously Presented) The central control unit as recited in claim 10, further comprising at least one input port, said input port receiving said exercise program from a broadcast transmission device.

17. (Previously Presented) The central control unit as recited in claim 10, further comprising at least one input port, said at least one input port receiving said exercise program from a computerized output device.

18. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises at least one of a USB port, a Firewire port, an Ethernet port, a serial port, or a SCSI port.

19. (Previously Presented) A central control unit for controlling two or more exercise devices through wireless control signals delivered to each of the one or more exercise devices, the central control unit comprising:

a support structure that rests upon a support surface;

a control panel mounted to said support structure, said control panel comprising:

an input receptacle that receives at least one storage medium containing an exercise program to be delivered to each of the two or more exercise devices, said exercise program comprising (i) motivational content and (ii) control signals synchronized with said motivational content; and

a wireless transmitter communicably connected with said input receptacle and receiving said exercise program from said at least one storage medium, said transmitter delivering said exercise program to each of the two or more exercise devices using a wireless carrier signal.

20. (Original) The central control unit as recited in claim 19, wherein said support structure comprises a base and a stand extending from said stand.

21. (Original) The central control unit as recited in claim 19, wherein said at least one input receptacle comprises at least one of a compact disc player, a videodisc player, a magnetic tape player, a flash memory player, an MP3 player.

22. (Original) The central control unit as recited in claim 19, wherein said control panel further comprises at least one input device and at least one output device.

23. (Original) The central control unit as recited in claim 22, wherein said at least one input device comprises at least one control that changes at least one operating parameter of the central control unit.

24. (Previously Presented) The central control unit as recited in claim 22, wherein said at least one output device comprises at least one visual display that depicts a visual representation of said exercise program.

25. (Previously Presented) The central control unit as recited in claim 22, wherein said at least one output device comprises at least one audio device that broadcasts an audio portion of said exercise program.

26. (Original) The central control unit as recited in claim 19, wherein said wireless carrier signal is a signal selected from the group consisting of an infrared signal or a radio signal.

27. (Previously Presented) The central control unit as recited in claim 19, wherein said at least one storage medium stores a plurality of exercise programs.

28. (Previously Presented) The central control unit as recited in claim 28, wherein said control panel further includes one or more controls that can be manipulated to select at least one exercise program from said plurality of exercise programs.

29. (Previously Presented) The central control unit as recited in claim 19, further comprising at least one receiver, said at least one receiver receiving said exercise program.

30. (Previously Presented) The central control unit as recited in claim 29, wherein said at least one receiver uses at least one of a USB, Firewire, Ethernet, serial, and SCSI communication protocol to receive said exercise program.

31. (Original) The central control unit as recited in claim 29, wherein said at least one receiver receives broadcast signals from a broadcast transmission device.

32. (Previously Presented) The central control unit as recited in claim 19, wherein each of the two or more exercise devices is of a first type of exercise device, said first type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

33. (Previously Presented) The central control unit as recited in claim 19, wherein each of the two or more exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

34. (Previously Presented) The central control unit as recited in claim 19, wherein each of the two or more exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of a treadmill, an elliptical, a weight stack, or a bike.

35-57. (Canceled).

58. (New) A central managing unit for managing the operation of one or more exercise devices, the central managing unit comprising:

a receptacle providing a user interface for the central managing unit; and

a transmitter supported by the receptacle, the transmitter delivering exercise programming to the one or more exercise devices.

59. (New) The central managing unit of claim 58, wherein the receptacle further comprises at least one storage medium, the at least one storage medium storing the exercise programming.

60. (New) The central managing unit of claim 58, wherein the receptacle further comprises an input receptacle that receives at least one storage medium.

61. (New) A central unit configured to transmit motivational content to one or more exercise devices, the central unit comprising:

a receptacle providing a user interface for the central unit; and

a transmitter supported by the receptacle, the transmitter delivering exercise programming to the one or more exercise devices, wherein the exercise programming includes motivational content.

62. (New) The central unit of claim 61, wherein the exercise programming includes instructional content.

63. (New) The central unit of claim 61, wherein the exercise programming includes control signals for controlling one or more of the exercise devices.



64. (New) An exercise system comprising:

a central unit for communicating with one or more exercise devices, the central unit comprising:

a receptacle providing a user interface for the central unit; and

a transmitter supported by the receptacle, the transmitter delivering exercise programming to the one or more exercise devices; and

one or more exercise devices, each exercise device having an input device for receiving the exercise programming.

65. (New) The exercise system of claim 64, wherein the central exercise unit further comprises at least one input port, the input port receiving the exercise programming from a broadcast transmission device.

66. (New) The exercise system of claim 64, wherein the transmitter is a transceiver for:

delivering exercise programming; and

receiving feedback signals regarding the performance of exercise at the respective one or more exercise devices.

67. (New) A central communications unit for communicating with one or more exercise devices, the central communications unit comprising:

a receptacle providing a user interface for the central communications unit; and

a transmitter supported by the receptacle, the transmitter delivering exercise programming to the one or more exercise devices.

68. (New) The central communications unit of claim 67, wherein the exercise programming is delivered to the one or more exercise devices using hardwire connections between the central communications unit and the one or more exercise devices.

69. (New) The central communications unit of claim 67 further comprising at least one input port, the input port receiving the exercise programming from an Internet address.